

doubleday

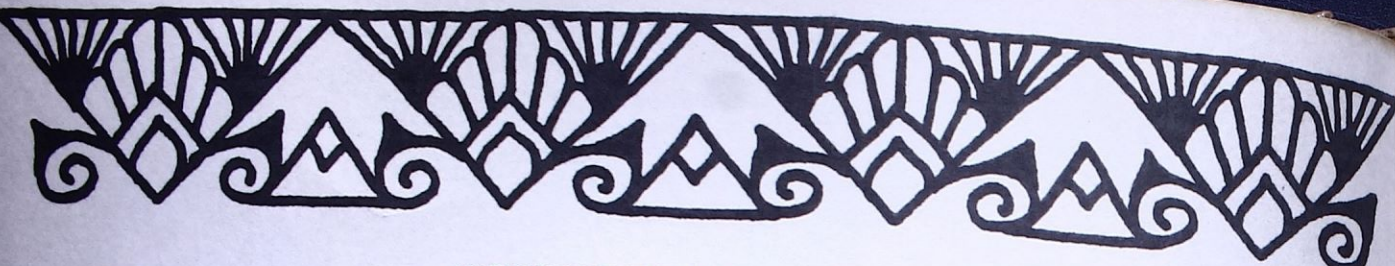
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designs on detachable pages

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MANDALA COLORING PAD



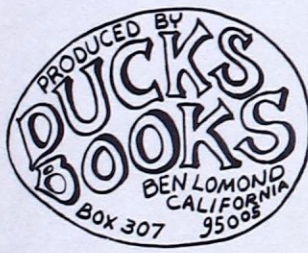
ARTIST'S STATEMENT

My own interest in the mandala does not come from a desire to express myself in cosmic or religious terms. My first mandala was a rather curious conglomeration of circles and arcs and straight lines. After I had surrounded every inch of white space on the paper, I immediately began to draw another. I continue to draw them. Every line I draw could be changed or altered in a way which would produce an entirely different mandala, and when I color them I am again offered an endless number of possible mandalas. I almost always start at the center, and the mandala unfolds easily and without apparent direction from me.


Coloring these mandalas can be a way of centering yourself, or it can be the things you think about as you color. The centering process is inherent in the mandala. New images can be seen simultaneously with the existing patterns, and the continual unfolding of depths and changes within the mandala as you color comes from the self. It is for this reason that no two mandalas can ever be the same. It is my hope that in coloring these mandalas you will discover the motion contained in an orderly design, and that the addition of colors or the elaboration of the design will be a record of your own motion.

A mandala is like life because both have so many variables. When you touch upon a variable that has shapes that you can see, a reality is defined. When you color one of these mandalas your own definition can be a sharing in my reality, and in this way can we know of each other.

Janet Wright Izard



DOUBLEDAY & CO., INC.
garden city, new york



MANDALA COLORING PAD

designs on detachable pages for children and adults



Drawings by Janet Wright Izard

INTRODUCTION

What Is a Mandala?

A mandala is a circular design arranged in consecutive order, usually incorporating squares and triangles. The best known forms are from India—the word comes from the Sanskrit *mandala*, meaning *circle* or *center and circle*. C. G. Jung, working from his psychological studies, was instrumental in pointing out that many cultures and societies create and use designs similar to the Tibetan Buddhist mandala. The rose windows of the cathedrals of Europe, some of the sand paintings of North American Indians, even the architecture of medieval churches exhibit mandalic design.

The symbolism of the mandala varies in its specifics from culture to culture, but in general the circle and its ramifications in the mandala symbolize the union of the self and the cosmos.

The mandalas in this book are complete in and of themselves by reason of their very incompleteness. In my experience the act of contemplating them before coloring them is sometimes as rewarding as the coloring process.

Why a Mandala Coloring Pad?

We have decided to present these mandalas in coloring pad format because coloring a mandala calls forth an entirely different form of creative energy than coloring a representational picture of an object. One is entirely free of the necessity of matching color to object in a slavish or imitative way. The structure of the mandala is there, but it requires color for its completion. One is continually confronted with the necessity of choosing colors that maintain the mandala's quality of organic wholeness. A pattern which has something in common with a flower, a snowflake, a sunburst, and a picture of the path of the planets will also have meaning for the person who colors it.

Making the Mandala Book

Making this book has been an incredible growth experience for both the woman who drew them and the man who watched her. These twenty-three mandalas were chosen from thirty-four drawn in two periods of about three weeks each. The mandalas were done on a simple grid drawn with a blue non-photographic pencil and a black felt-tip pen. It was a very rapid process. It usually took Janet about two hours to draw a mandala, including the grid, most of which time was spent in contemplation of what to do next.

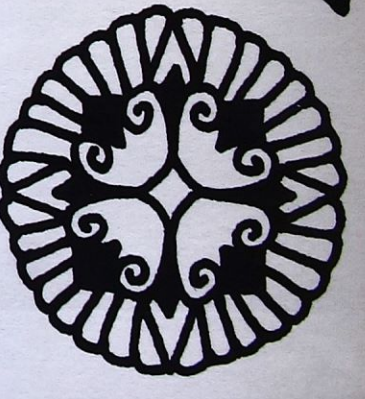

Enjoy Your Self

One of the things we have found most interesting in our experience with the Mandala Coloring Pad is the fact that children, old folks, red-heads and people with warts on their noses always color them differently. When you color a mandala you have a picture of the different paths that are open to you. A mandala is a symbol, a sign, a map of where you're at.

A Poem

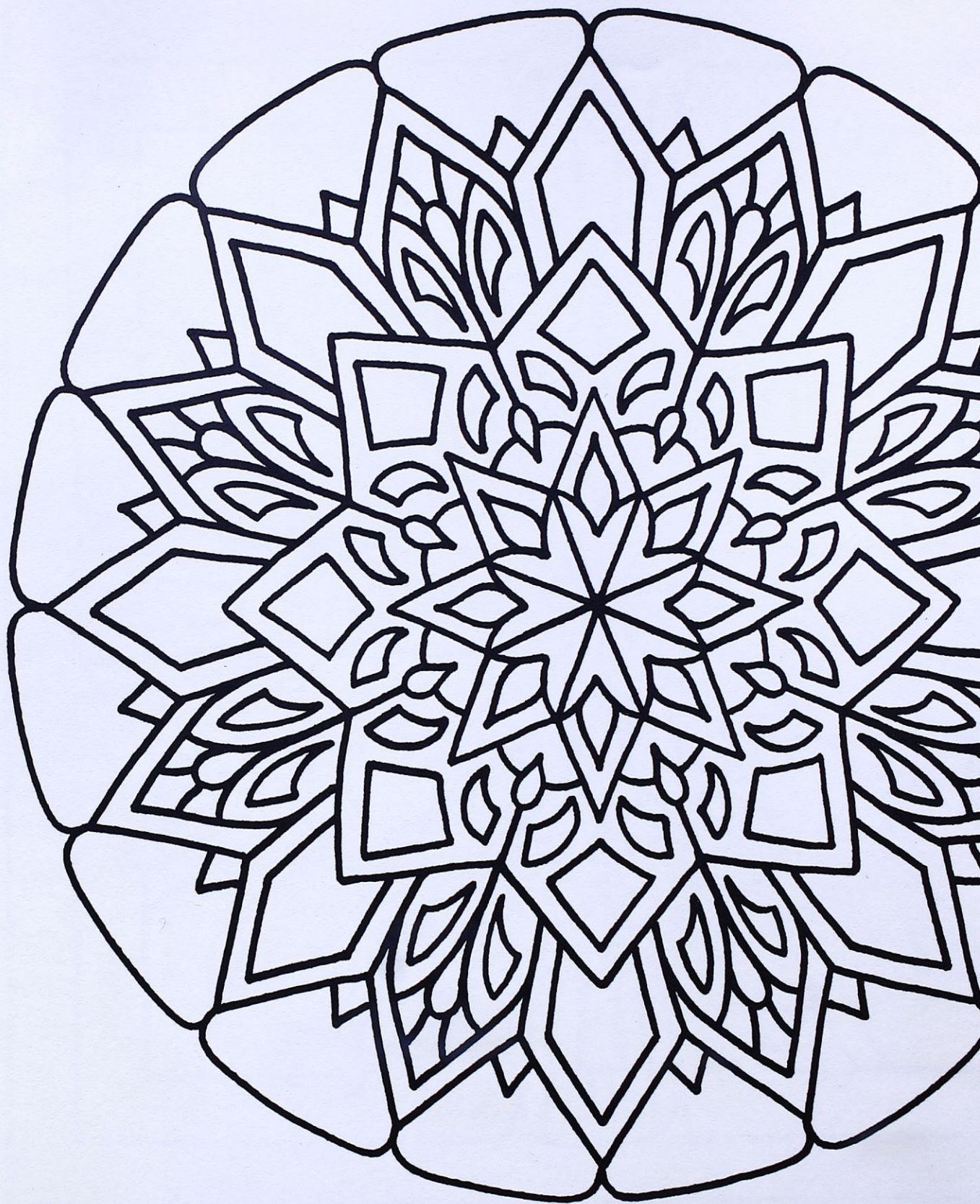
What is there to be learned from the
mandalas?
That is there to be learned from the
mandalas.
Tathagata: that which is it,
that which it is;
is there to be learned from the mandalas.

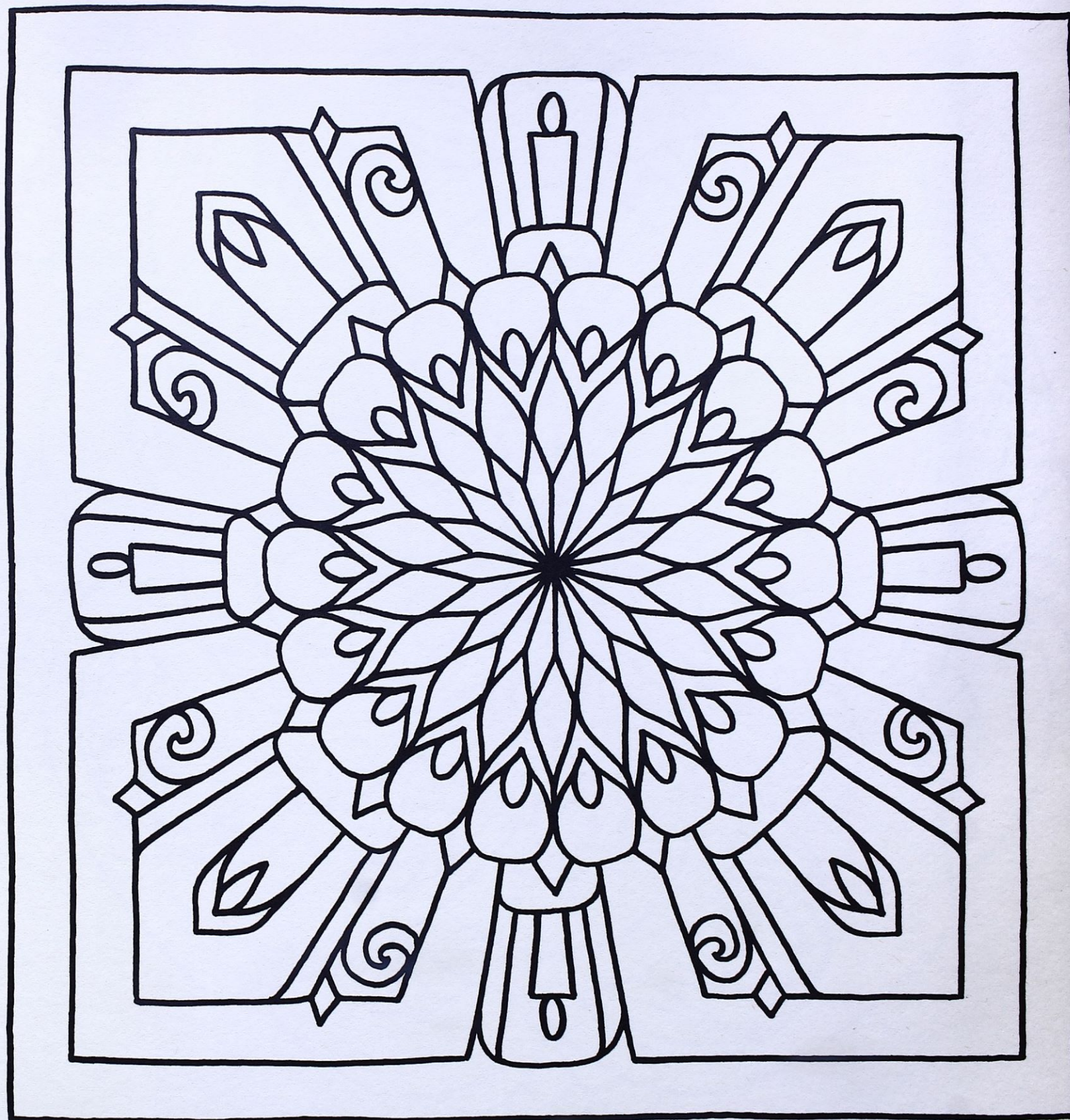
Michael Izard
Ducks Books





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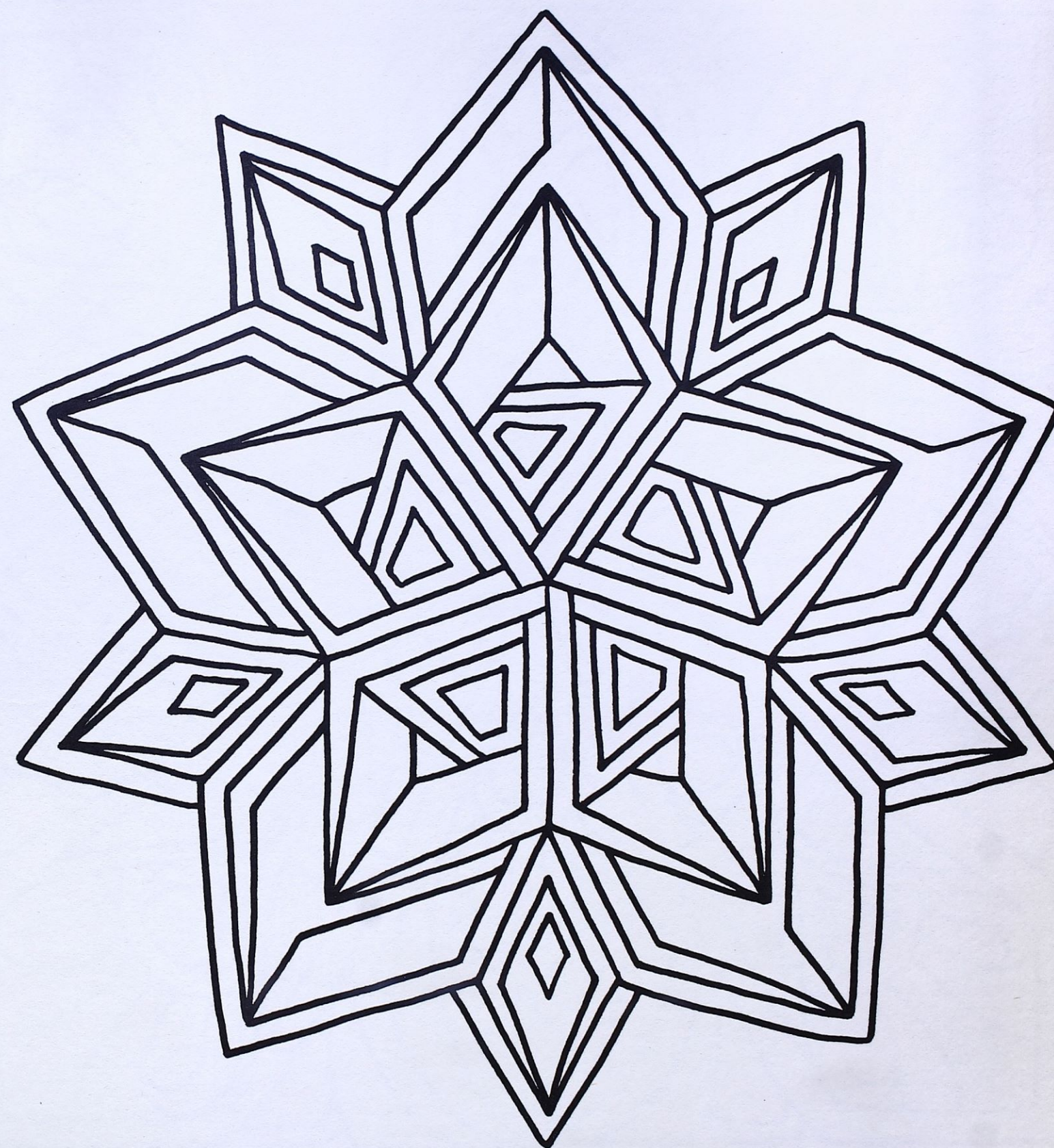


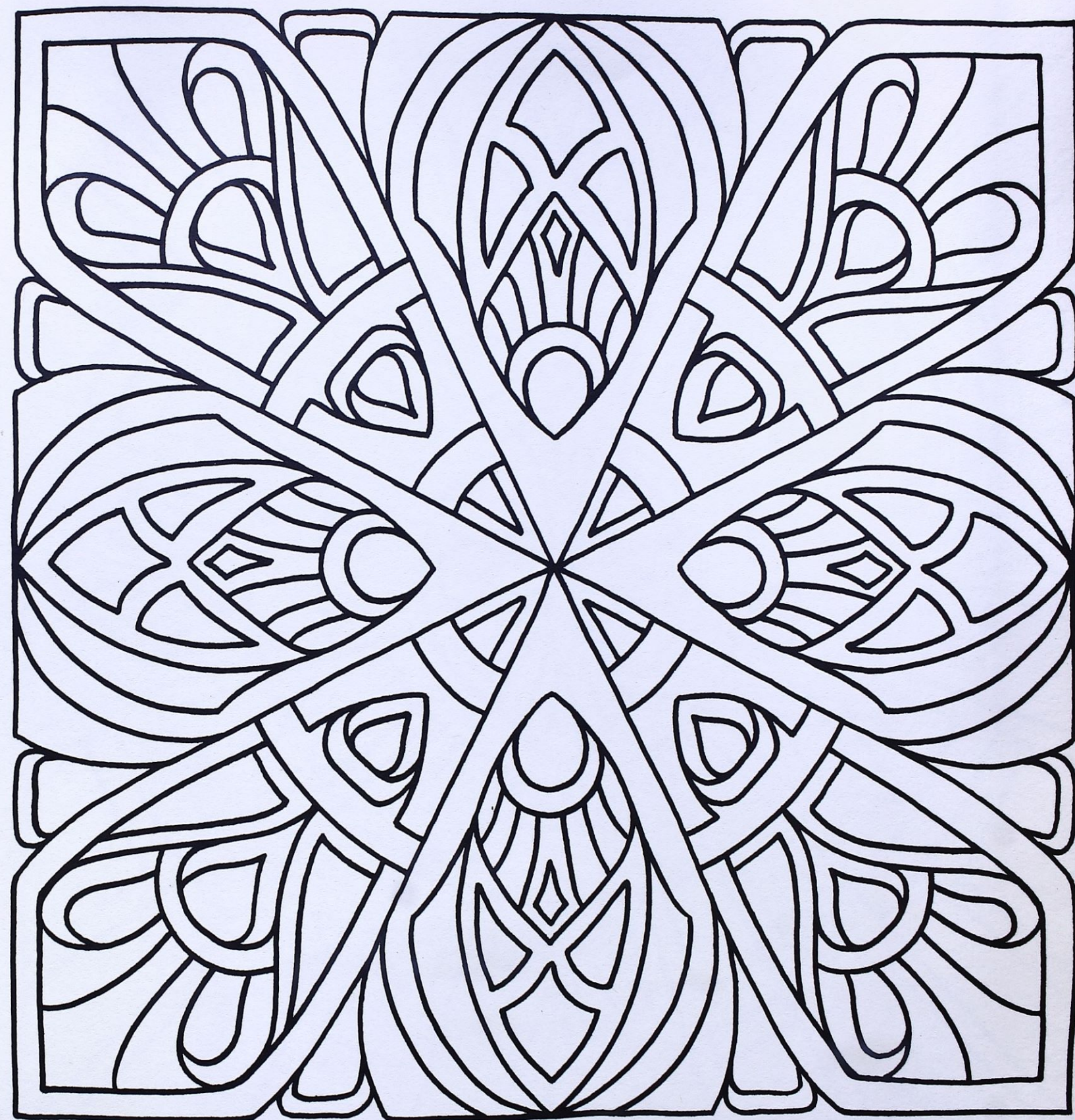


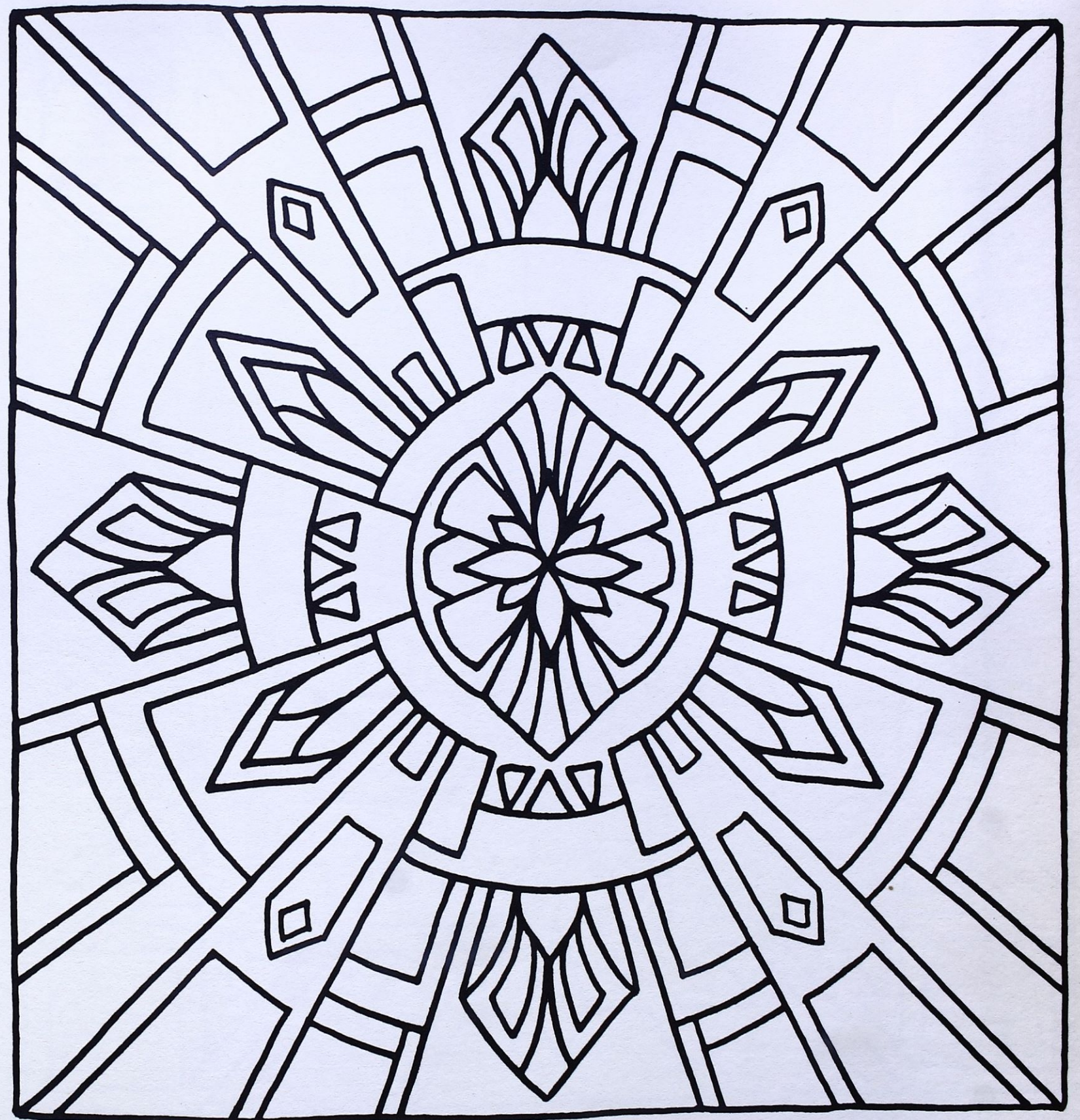


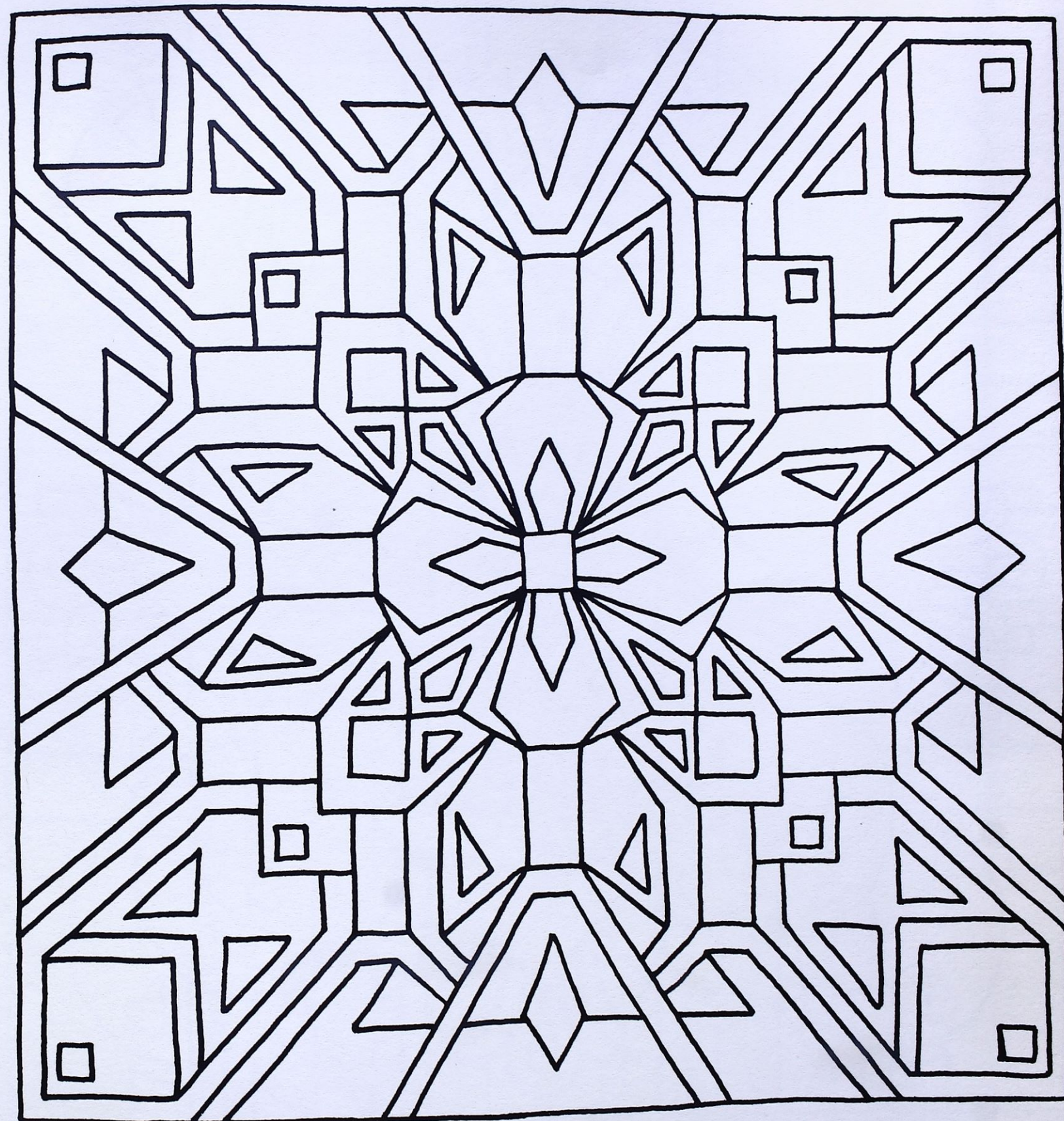


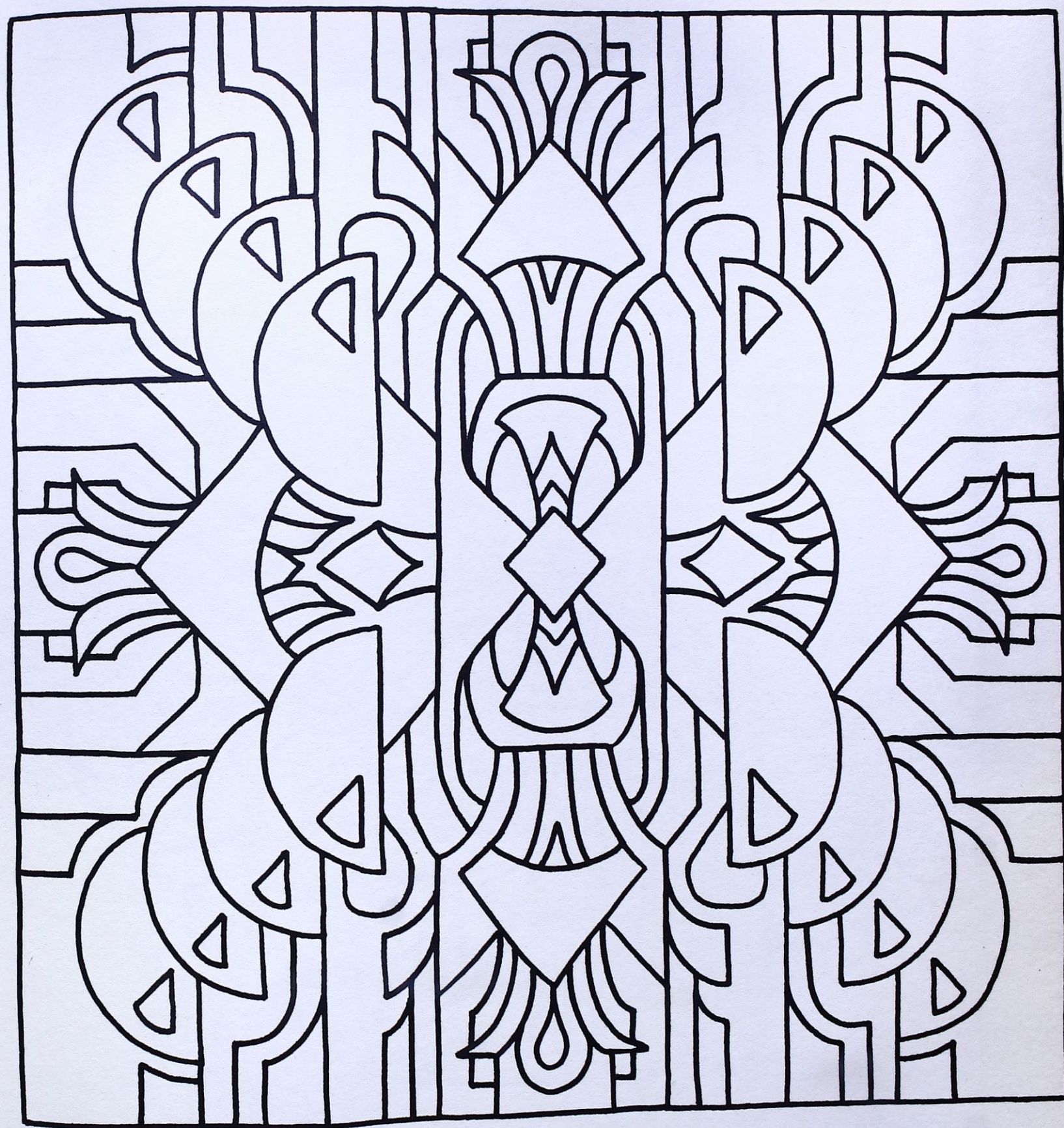


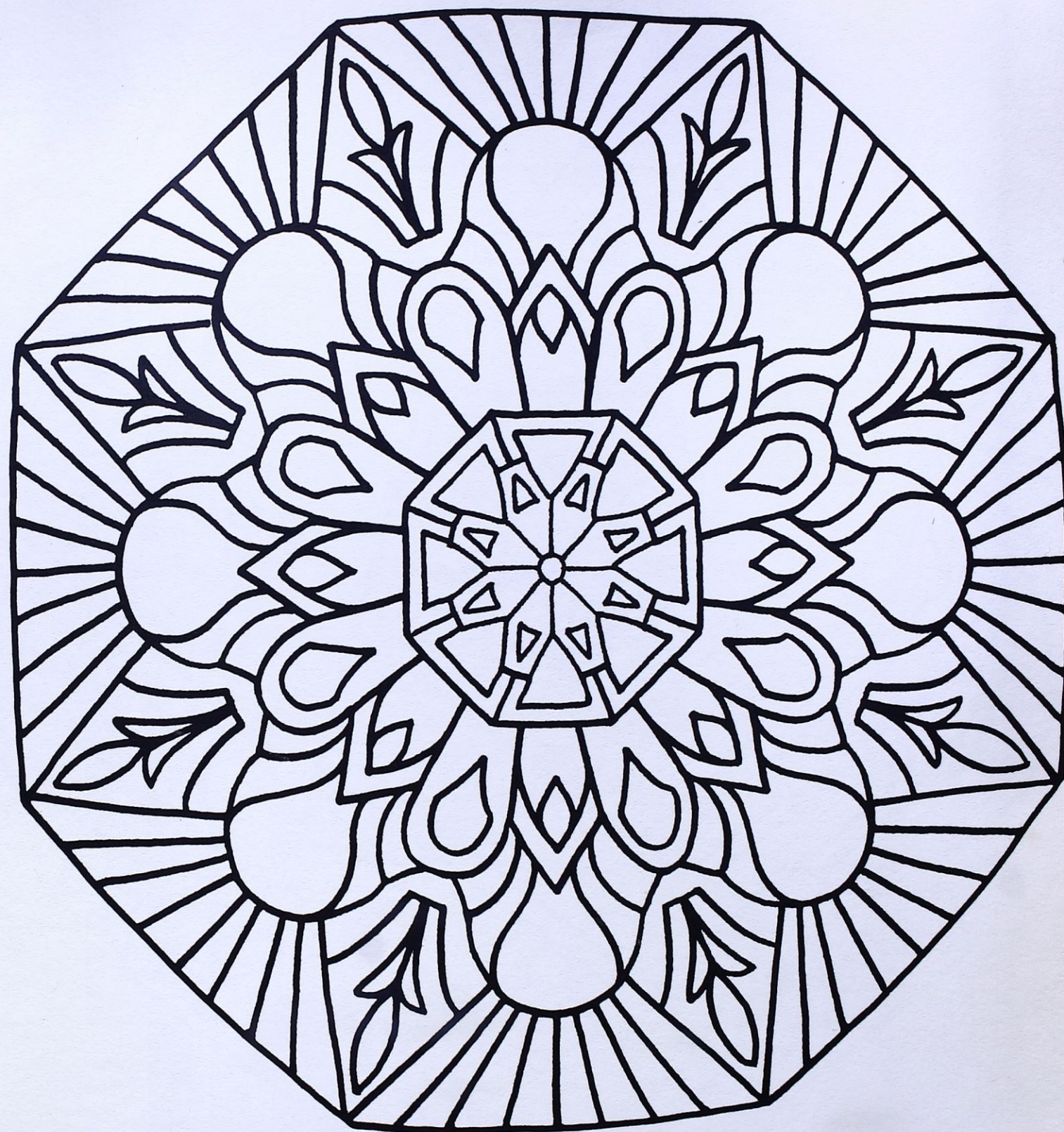


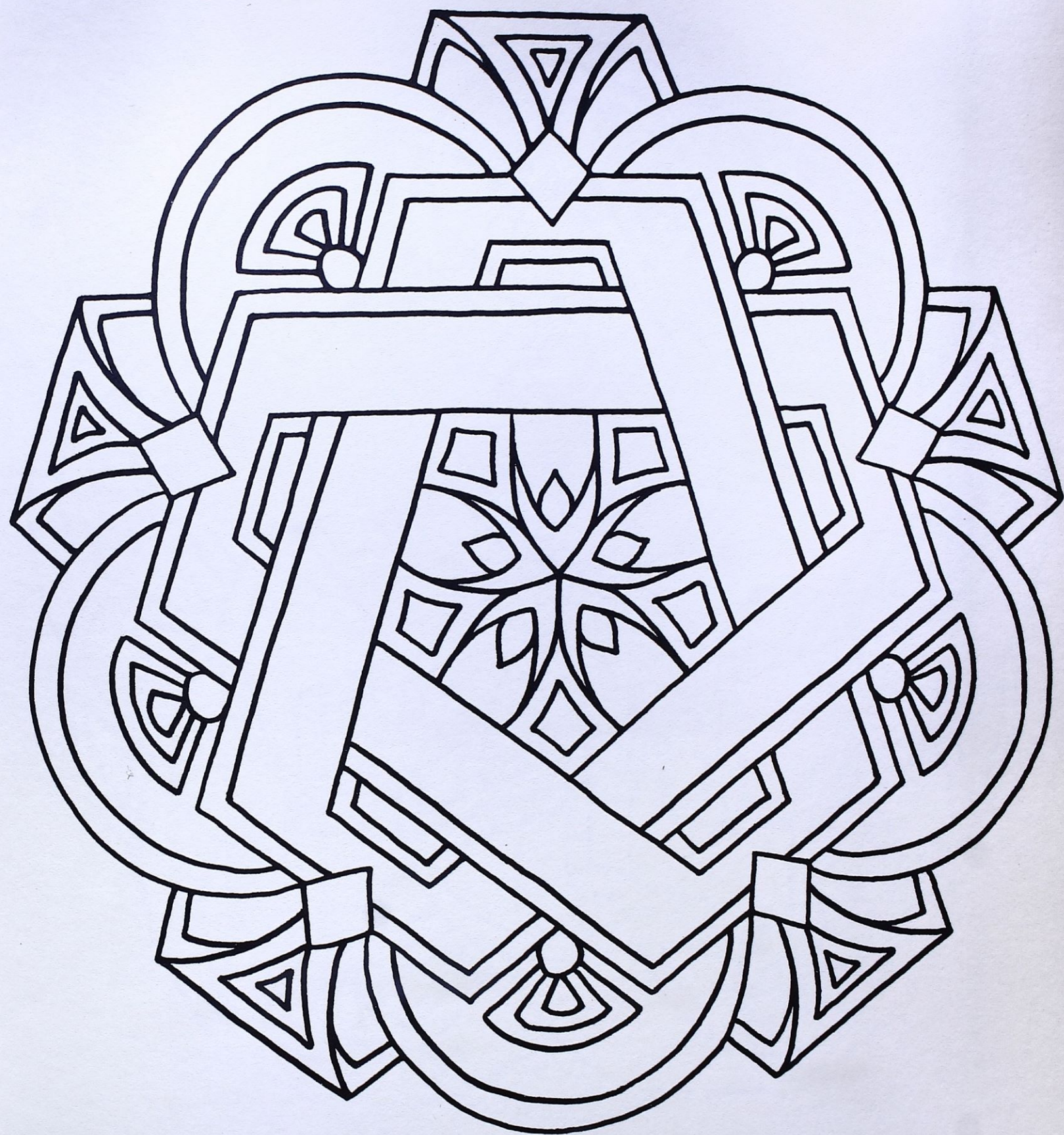








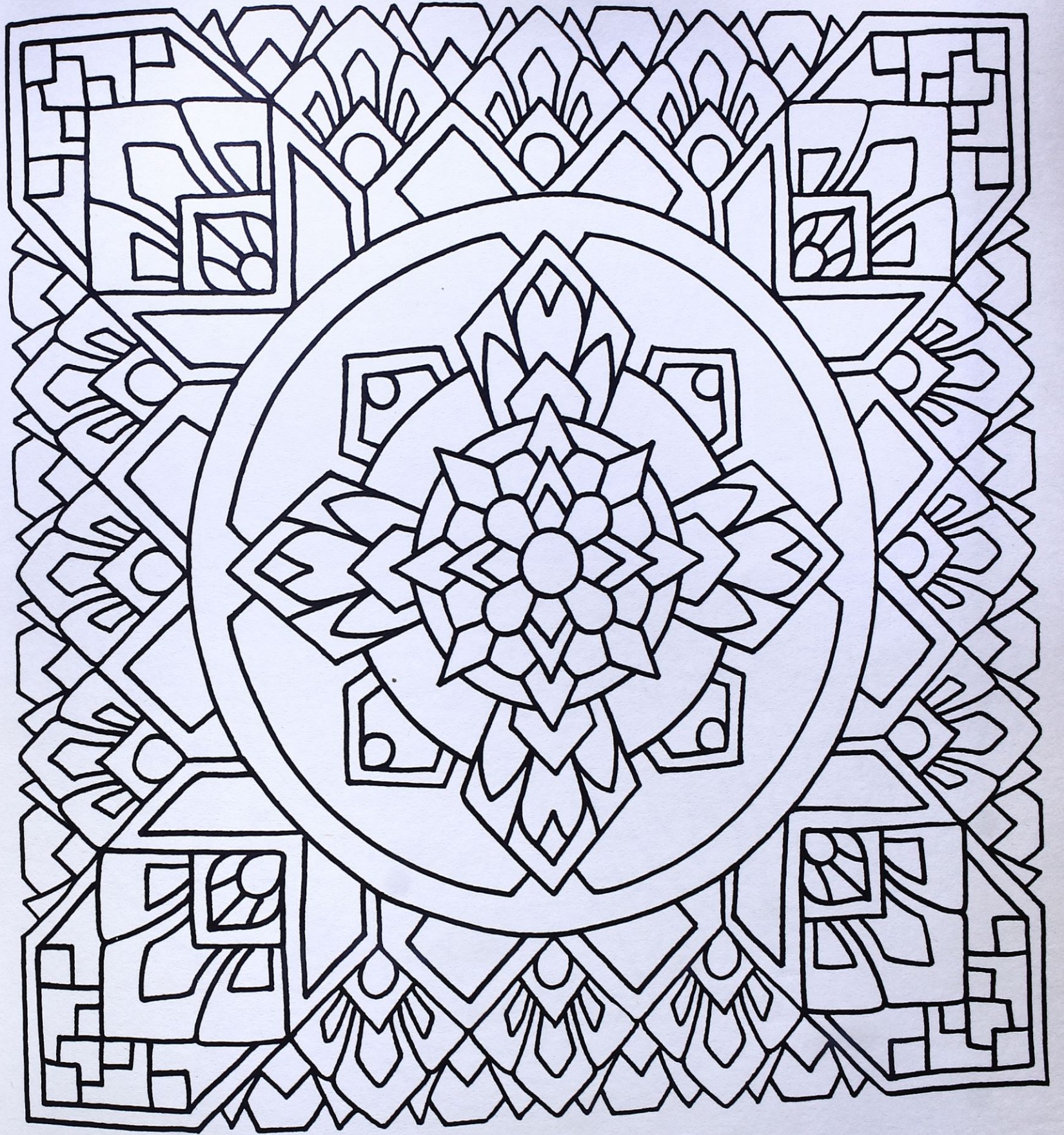














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